

**A Message from Grand Master Giamo:**

Greetings and welcome to what I hope is the first of a monthly Eagleville Taekwondo Academy newsletter. We are going to try to keep you better informed of upcoming events and changes at the school. With that in mind, I have consulted with the Black Belts and decided to bring some changes to promotion testing. The first big change will be an alternating date. Many of you have busy weekends and Friday night tests are difficult to attend. We will now alternate between Friday and Tuesday nights for testing. Starting March 9 testing will be on Tuesdays every 12 weeks and Fridays every 12 weeks. This still maintains our 6 week cycle, but gives you more options. The second testing change will be the format. We are going to bring the colored belt testing into line with the Black Belt testing. That means that one group of test candidates will perform forms first then take a break while the next group performs their forms. After everyone is finished with forms we will bring the first group back up to perform individual technique and combinations. This will continue until each subject area on the test paper has been completed.

Also because we realize that weekends are a busy time for most people, we will be adding a Tuesday night Red Belt/Black Belt class. This gives the advanced students 3 classes a week to choose from. All Red Belts and above should strive to make at least one of the Tuesday, Saturday or Sunday classes.

**Upcoming Events at Eagleville TKD**

Valentine's Day Parent's-Night-Out February 14, 5:30-8:30  
Promotion Testing **TUESDAY**, March 9

**Upcoming Tournaments**

USAT PA Qualifier, March 7 Bensalem, PA  
USAT Regional Qualifier, March 27-28 York, PA

**Eagleville TKD Promotion Testing Results:**

Michael Duong-red stripe  
Sabrina Cammisa-red stripe  
Andrew Blass-blue belt  
Austin Helmer-blue stripe  
Hailey Conner-green belt  
Karthik Yegnesh-green belt  
Daniel Chow-green stripe  
Michael Bai-green stripe  
Daniel Palumbo-yellow belt  
Melayna Bardfield-yellow belt  
Remy Figueroa-yellow belt  
Lauren Richter-yellow stripe  
Sam Wheeler-yellow stripe

**Dojang Etiquette:** You will notice that there are new posters on the doors of the dojang and the locker rooms. These are to remind students of the expected behavior at TKD. In TKD we strive to instill in the students the tenets of TKD: Self-control, Perseverance, Integrity, Courtesy and Indomitable Spirit.

**Terminology of the Month**

Ap seogi	walking stance
Ap kubi	front stance
Dwit kubi	back stance
Juchum seogi	crouching stance

**Welcome New Members!**

Ava Santangelo  
Ernie Blair  
Mary Capece  
Hunter Latisse  
Ishaan Patel

**Booster Club News:** The Eagleville Taekwondo Booster club is a non-profit organization that supports the students at Eagleville TKD. The booster club reimburses tournament fees for students who want to enter, supplies breaking boards for testing and sponsors special instructors and seminars. All students and parents of students are invited to participate. The next meeting is Saturday February 13, 2010 from 12-1pm at the Dojang.